



## Event #1, Lansing Basic Skills Competition March 14<sup>th</sup> 2009

### 2009 Michigan Basic Skills Series Competition Mission Statement

To give our skaters a chance to develop their USFS Basic Skills in a fun competitive environment. During the competition season - skaters will have the chance to compete at many different clubs and arenas and earn points for a final standing.

A skater may participate in either Freeskating and/or Compulsory/Elements events in any of the Michigan Basic Skills Series Competitions to be eligible for accumulating points. Awards will be presented to skaters with the highest point totals. These awards will take place - on the ice - at the Midland Competition - November 7, 2009

#### Series Point System

The Freeskating events and the Compulsory/Elements events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

1 <sup>st</sup> Place	6 points
2 <sup>nd</sup> Place	5 points
3 <sup>rd</sup> Place	4 points
4 <sup>th</sup> Place	3 points
5 <sup>th</sup> Place	2 points
6 <sup>th</sup> Place	1 point

If an event has 2-6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, they will be awarded 3 points. At the end of the Series, in the case of total points tied, all skaters tied for a place will be awarded a medal, no ties will be broken.

Points are accumulated for Compulsory and Free Skate events separately.

Medals will be awarded (1-3 Place) in each level as highlighted in each announcement. Beyond the Basics will NOT be counted in the Freeskate and Elements/Compulsory Program Series for this 2009 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events will Not be counted for this 2009 season.

At the end of the 2009 Series Season any skaters who moved up level wise will be awarded 6 bonus points [6 points only whether they move up one level or more]. All points follow the skater throughout the year.

Please Note: The USFS Michigan Basic Skills Series is sponsored equally by all the participating ice rinks and/or USFS member clubs. Competition announcements and packages will be available at all participating ice rinks and/via the club or rink websites as well as [www.sk8stuff.com](http://www.sk8stuff.com). Each competition will have its own entry forms and specific rules - so please make sure to read the entire announcement for each competition.

### 3<sup>rd</sup> Annual USFS Michigan Basic Skills Series – Hosted by the following:

<p>Event #1 – Lansing Basic Skills Competition  <b>March 14, 2009</b>  <b>Deadline for Entries – February 14, 2009</b>                  Suburban Ice – East Lansing                  2810 Hannah Blvd                  East Lansing, Michigan 48823                  Contact: Meghan Carmody                  Phone: 734-417-8967  <a href="mailto:lansingbasicskills@yahoo.com">lansingbasicskills@yahoo.com</a></p>	<p>Event #2 – Skate the Zoo  <b>March 21, 2009</b>  <b>Deadline for Entries – February 21, 2009</b>                  S2 Arena                  5076 Sports Drive                  Kalamazoo MI 49009                  Contact: Amy Bauer                  Phone: 269-598-9184  <a href="mailto:Sk8amy02@aol.com">Sk8amy02@aol.com</a></p>	<p>Event #3 – Onyx-Suburban Basic Skills Challenge - <b>April 4, 2009</b>  <b>Deadline for Entries – March 4, 2009</b>                  Suburban Ice - Macomb                  54755 Broughton Road                  Macomb, MI 48042                  Contact: Helene Wolf                  Phone: 586-992-8600  <a href="mailto:HHwolf@comcast.net">HHwolf@comcast.net</a></p>
<p>Event #4 – Arctic Basic Skills Competition  <b>April 5, 2009</b>  <b>Deadline for Entries – March 5, 2009</b>                  Arctic Edge Ice Arena                  46615 Michigan Avenue                  Canton MI 48188                  Contact: Magan Flynn                  Phone: 248-924-3035  <a href="mailto:maganflynn@comcast.net">maganflynn@comcast.net</a></p>	<p>Event #5 – Mountain Town Classic  <b>April 18, 2009</b>  <b>Deadline for Entries – March 25, 2009</b>                  The I.C.E. Arena                  5165 East Remus Road                  Mt. Pleasant MI 48858                  Contact: Ginni Phillips                  Phone: 989-773-6188; Work 989-775-9148  <a href="mailto:gphillips@delfield.com">gphillips@delfield.com</a></p>	<p>Event #6 – Lake Effect Basic Skills Comp  <b>May 9, 2009</b>  <b>Deadline for Entries – April 9, 2009</b>                  Georgetown Ice Arena                  8500 48<sup>th</sup> Avenue                  Hudsonville MI 49426                  Contact: Katie Van Ark                  Phone: 616-662-4911  <a href="mailto:katievanark@yahoo.com">katievanark@yahoo.com</a></p>
<p>Event #7–Jackson Optimist Basic Skills  <b>May 31, 2009</b>  <b>Deadline for Entries – April 30, 2009</b>                  Optimist Ice Arena                  1300 West North Street                  Jackson MI 49202                  Contact: Kayleah Crosby                  Phone: 517-581-0014  <a href="mailto:K_crosby0428@yahoo.com">K_crosby0428@yahoo.com</a></p>	<p>Event #8–Ann Arbor Skills &amp; Showcase  <b>June 13,2009</b>  <b>Deadline for Entries – May 13, 2009</b>                  Ann Arbor Ice Cube                  2121 Oak Valley Drive                  Ann Arbor MI 48103                  Contact: C Kaufmann                  Phone: 734-213-1600  <a href="mailto:CKauf49@aol.com">CKauf49@aol.com</a></p>	<p>Event #9 – Summer Swizzle  <b>June 21, 2009</b>  <b>Deadline for Entries: May 20, 2009</b>                  Farmington Hills Ice Arena                  35500 Eight Mile Road                  Farmington Hills MI 48335                  Contact: Nora Helwig                  Phone: 248-442-1446;  <a href="mailto:nhelwig1@gmail.com">nhelwig1@gmail.com</a></p>
<p>Event #10–Summer Chill Basic Skills Comp  <b>July 18, 2009</b>  <b>Deadline for Entries: June 18, 2009</b>                  Novi Ice Arena                  42400 Arena Drive                  Novi MI 48375                  Contact: Heather Bauer                  Phone: 248-305-5328  <a href="mailto:bauerhe@northville.k12.mi.us">bauerhe@northville.k12.mi.us</a></p>	<p>Event #11 – Muskegon Lakeshore Summer Freeze  <b>August 1, 2009</b>  <b>Deadline for Entries – July 1, 2009</b>                  Lakeshore Sports Center                  4470 Airline Road                  Muskegon, MI 49444                  Contact: Prudence Fisk                  Phone: 231-638-1818  <a href="mailto:mlfscfish@hotmail.com">mlfscfish@hotmail.com</a></p>	<p>Event #12 – SW MI Basic Skills Competition  <b>August 15, 2009</b>  <b>Deadline for Entries – July 15, 2009</b>                  Wing Stadium Complex                  3600 Vanrick Drive                  Kalamazoo MI 49002                  Contact: Kelli Forden                  Phone: 269-372-2168  <a href="mailto:jkforden@att.net">jkforden@att.net</a></p>
<p>Event #13–Tuxedo Invitational Basic Skills Comp - <b>Sept 19, 2009</b>  <b>Deadline for Entries: August 19, 2009</b>                  Bowling Green State University Ice Arena                  417 N. Mercer Road                  Bowling Green OH 43403                  Contact: Pat Rabb                  Phone: 419-354-4730  <a href="mailto:Rabb1960@metalink.net">Rabb1960@metalink.net</a></p>	<p>Event #14 – Skate the Mountain –  <b>Sept 26,2009</b>  <b>Deadline for Entries: August 26, 2009</b>                  Ice Mountain Arena Complex                  5371 Avalanche Drive                  Burton MI 48509                  Contact: Jacklinn Brayan                  Cell: 810-513-1283; Work 810-744-0800  <a href="mailto:IMFSC@sbcglobal.net">IMFSC@sbcglobal.net</a></p>	<p>Event #15 – Dearborn Basic Skills Comp –  <b>October 17, 2009</b>  <b>Deadline for Entries: Sept 17, 2009</b>                  Dearborn Ice Skating Center                  14900 Ford Road                  Dearborn MI                  Contact: Stacy Holland                  Phone: 313-943-4098  <a href="mailto:SSHolland@comcast.net">SSHolland@comcast.net</a></p>
<p>Event #16 – Skate Midland  <b>November 7, 2009</b>  <b>Deadline for Entries: October 7, 2009</b>                  Midland Civic Arena                  405 Fast Ice Drive                  Midland MI 48642                  Contact: Karen Boswell                  Phone: 989-695-4832  <a href="mailto:drkaboswell@aol.com">drkaboswell@aol.com</a></p>		<p><b>SERIES AWARDS CEREMONY</b>                  on the ice - at the Midland Competition</p>



Lansing Basic Skills Competition  
Lansing Skating Club  
Suburban Ice East Lansing  
2810 Hannah Blvd ♦ East Lansing, MI 48823  
Email [lansingbasicskills@yahoo.com](mailto:lansingbasicskills@yahoo.com)  
Or visit [www.Lansingskatingclub.com](http://www.Lansingskatingclub.com)



## March 14<sup>th</sup> 2009 Entry Deadline February 14<sup>th</sup> 2009

The Lansing Basic Skills Competition, sponsored by the Lansing Skating Club will be held at Suburban Ice East Lansing on March 14<sup>th</sup>, 2009. The ice surface measures 200 x 85 feet. This is a United States Figure Skating approved Basic Skills Competition. The sanctions will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Meghan Carmody, [Lansingbasicskills.com](http://Lansingbasicskills.com) or 734-417-8967. E-mail communications are preferred.

**Mission Statement** – The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

**Eligibility** - The Competition is open to ALL skaters who are current eligible (ER.100) members of either the Basic Skills Program and/or are full members of US Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club. Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official US Figure Skating tests may have been passed including MIF or individual dances. For the Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition

**Rules** – The competition will be conducted under the rules set forth by the US Figure Skating "Basic Skills Competition Manual" program.

**Entry Fees** – The first event is \$40.00 [Events not eligible for Series points will be \$50.00 for first event], and each additional event is \$20.00. All entries must be

postmarked no later than February 14<sup>th</sup>, 2009. Late entries will be accepted at the discretion of the organizers, and are subject to a possible \$15.00 late fee. Entry fees are per person, U.S. dollars.

**Entry forms must be filled out legibly and completely** and mailed with a check made payable to Lansing Skating Club to:

Gina DeWitt  
6544 Aurelius Rd.  
Lansing, MI 48911

There will be a \$35.00 fee for returned checks.

**Awards** – All competitors will receive a medal. All events are final rounds. ALL awards will be made at appropriate times throughout the competition.

**Registration** – The registration table will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. **Please register at least one hour before your competition time.**

**Schedule of Events** – Schedule will be posted on the Internet at the Figure Skater's Website, [www.sk8stuff.com](http://www.sk8stuff.com).

**Music** – The music for all free skating programs with music supplied by skater should be provided on CD. The CD is to be turned in at registration. Competitors must have a spare CD at rink side to be used in case of technical difficulties.

**Practice Ice** – Practice Ice will be available in 20-minute sessions. Details will be provided in a mailing prior to the competition date. Sign-in and pay \$8.00 at the door.

Awards will be handed out and a podium will be available for group and individual photos.

## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed.** Each skater will perform each element only when directed by a judge or referee. Skaters are allowed one retry per element. If skater wants to retry, she/he should raise their hand immediately. If the skater attempts a retry, only the retry will count for that element.

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn from a standstill - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line - R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump - either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>4. Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn from a standstill - R &amp; L</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level.
- A .2 deduction will be taken **for each** element performed from a higher level
- Time: 1:00 +/- 10 seconds

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3-in a row</li> <li>3. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive in both directions</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn from a standstill - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Two foot turn in place - forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive</li> <li>3. Moving forward to backward two foot turn in either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka in either direction</li> <li>4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn from a standstill - R &amp; L</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## “TEST TRACK” - Compulsory Events Compulsory Event/Test Track and Well Balanced Levels

- To be skated on ½ of ice surface. In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A .2 deduction will be taken **for each** element performed from a higher level

### Test Track – Compulsory Events – Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two foot or one foot spin (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:00
No Test Compulsory	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin- sit <u>or</u> camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time:1:00

### Test Track/Well Balanced – Compulsory Events – NOT Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Flip jump</li> <li>2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump</li> <li>3. Solo spin- sit <u>or</u> camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:00
Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:15



## **"TEST TRACK" - Freeskating Events**

Skaters may enter EITHER the test track free skate program or the well-balanced track free skater program but NOT both during the same non-qualifying competition. Competitors will skate to music of their choice. 6.0 Judging will be used.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 0.1 from **EACH** mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions

### **Test Track - Freeskating Events Eligible for Michigan Basic Skills Series Points**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum of 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: Up to 1:30 +/- 10
Beginner	Two upright spins, change of foot optional (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. Jump combination and sequences are allowed. Maximum of 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: 1:30 +/- 10

### **Test Track – Freeskating Events NOT Eligible for Michigan Basic Skills Series Points**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Preliminary Test	Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Maximum of 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:30 +/-10
Preliminary Test	Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:30 +/-10

**“Well Balanced Freeskating Events”**  
**(U.S. Figure Skating rulebook requirements)**

**Well-balanced [Competitive] Freeskating Events -  
 Eligible for Michigan Basic Skills Series Points**

<b>LEVEL</b>	<b>ELEMENTS</b>	<b>QUALIFICATIONS</b>	<b>PROGRAM LENGTH</b>
No Test Free skate	A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.	Time: 1:30+/-10

**Well-balanced [Competitive] – Freeskating Events  
 NOT Eligible for Michigan Basic Skills Series Points**

<b>LEVEL</b>	<b>ELEMENTS</b>	<b>QUALIFICATIONS</b>	<b>PROGRAM LENGTH</b>
Pre-preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one must be an axel/waltz jump type jump Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10



## Additional Events

### Spin Events:

- To be skated on ½ of ice surface. In program form, using a limited number of connecting steps, such as short sequences of footwork and are for the sole purpose of maneuvering between spins and will be not be judged. The skating order of the required elements is optional.
- No music is allowed
- Boys and girls may be grouped together.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre Preliminary Spins	<ol style="list-style-type: none"> <li>1. One Foot Spin (min. 3 revolutions)</li> <li>2. Sit Spin (min. 3 revolutions)</li> <li>3. Back Spin (min. 3 revolutions)</li> <li>4. Footwork sequence of any pattern</li> </ol>	Must have passed no higher than the Pre-Preliminary Freeskating Test	1:30 max
Preliminary Spins	<ol style="list-style-type: none"> <li>1. Sit Spin (min. 4 revolutions)</li> <li>2. One Foot Spin (min. 4 revolutions)</li> <li>3. Upright Backspin (min. 4 revolutions)</li> <li>4. Footwork sequence of any pattern</li> <li>5. Spiral, Bauer, or Spread Eagle (limit one)</li> </ol>	Must have passed no higher than the Preliminary Freeskating Test	1:30 max

### Adult Events:

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Adult Pre-Bronze Compulsory Moves	<ol style="list-style-type: none"> <li>1. Waltz Jump</li> <li>1. Salchow Jump</li> <li>2. Half Flip or Half Lutz Jump</li> <li>3. Upright Scratch Spin (min. 3 revolutions)</li> <li>4. Forward Spiral</li> </ol>	Must have passed no higher than the Adult Pre-Bronze Freeskating Test	1:00 max No music
Adult Bronze Compulsory Moves	<ol style="list-style-type: none"> <li>1. Flip Jump</li> <li>2. Combination Jump consisting of any two single jumps (No Axel)</li> <li>3. Split Jump</li> <li>4. Sit Spin (min. 3 revolutions)</li> <li>5. Forward Outside Spiral</li> </ol>	Must have passed no higher than the Adult Bronze Freeskating Test	1:00 max No music

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Adult Pre-Bronze Freeskate	Refer to Rulebook #3806 for requirements	Must have passed no higher than the Adult Pre-Bronze Freeskating Test	1:40 max
Adult Bronze Freeskate	Refer to Rulebook #3801 for requirements	Must have passed no higher than the Adult Bronze Freeskating Test	1:40 max

### Adult Solo Dance:

LEVEL	Dances	QUALIFICATIONS
Adult Preliminary Solo Dance	Dutch Waltz, Canasta Tango or Rhythm Blues (Skaters register for each dance individually)	Must not have passed any dances from the Pre-Bronze Dance Test
Adult Pre-Bronze Solo Dance	Swing Dance, Cha Cha, or Fiesta Tango (Skaters register for each dance individually)	Must not have passed any dances from the Bronze Dance Test

**U. S. Figure Skating Basic Skills Program**  
**SPECIAL OLYMPICS BADGE PROGRAM**

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

<p><b>Badge 1</b></p> <p>A. Stand unassisted for five seconds            B. Fall and stand up unassisted            C. Knee dip standing still unassisted            D. March forward ten steps assisted</p>	<p><b>Badge 7</b></p> <p>A. Backward stroking across the rink            B. Gliding backward to forward two foot turn            C. T-stop left of right            D. Forward two foot turn on a circle: L &amp; R</p>
<p><b>Badge 2</b></p> <p>A. March forward ten steps unassisted            B. Swizzles, standing still: three repetitions            C. Backward wiggle or march assisted            D. Two foot glide forward for distance of at least length of body</p>	<p><b>Badge 8</b></p> <p>A. Five consecutive forward crossovers: L &amp; R            B. Forward outside edge: L &amp; R            C. Five consecutive backward ½ swizzles on a circle: L &amp; R</p>
<p><b>Badge 3</b></p> <p>A. Backward wiggle or march            B. Five forward swizzles covering at least ten feet            C. Forward skating across the rink            D. Forward gliding dip covering at least length of body: L &amp; R</p>	<p><b>Badge 9</b></p> <p>A. Forward outside three turn: L &amp; R            B. Forward inside edge: L &amp; R            C. Forward lunge or shoot the duck at any depth            D. Bunny hop</p>
<p><b>Badge 4</b></p> <p>A. Backward two foot glide covering at least length of body            B. Two foot jump in place            C. One foot snowplow stop: L &amp; R            D. Forward one foot glide covering at least length of body: L &amp; R</p>	<p><b>Badge 10</b></p> <p>A. Forward inside three turn: L &amp; R            B. Five consecutive backward crossovers: L &amp; R            C. Hockey stop            D. Forward spiral three times length of body</p>
<p><b>Badge 5</b></p> <p>A. Forward stroking across rink            B. Five backward swizzles covering at least ten feet            C. Forward two foot curves left and right across rink            D. Two foot curves left and right across rink</p>	<p><b>Badge 11</b></p> <p>A. Consecutive forward outside edges: minimum of two on each foot            B. Consecutive forward inside edges: minimum of two on each foot            C. Forward inside Mohawk: L &amp; R            D. Consecutive backward outside edges: minimum of two on each foot            E. Consecutive backward inside edges: minimum of two on each foot</p>
<p><b>Badge 6</b></p> <p>A. Gliding forward to backward two foot turn            B. Five consecutive forward one foot swizzles on circle: L &amp; R            C. Backward one foot glide length of body: L &amp; R            D. Forward pivot</p>	<p><b>Badge 12</b></p> <p>A. Waltz jump            B. One foot spin: minimum of three revolutions            C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise            D. Combination of three moves chosen from badges 9-12</p>



**Event #1 Lansing Basic Skills Competition  
Entry Form [PLEASE PRINT CLEARLY]**

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Last First  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_  
 Home Club \_\_\_\_\_ USFSA # \_\_\_\_\_  
 Male \_\_\_\_\_ Female \_\_\_\_\_ Name of Parent/Guardian \_\_\_\_\_  
 E-Mail Address \_\_\_\_\_

\$40 First Event				\$50 First Event			
\$20 Each Additional Event				\$20 Each Additional Event			
Basic Compulsory		TEST TRACK Compulsory		TEST TRACK Compulsory		Adult Compulsory	
Snowplow Sam*		Limited Beginner *		Pre-Preliminary		Pre-Bronze	
Basic 1 *		Beginner *		Preliminary		Bronze	
Basic 2 *		No Test *		<b>Free Skate</b>		<b>Adult Freestyle</b>	
Basic 3 *				Pre-Preliminary		Pre-Bronze	
Basic 4 *		Limited Beginner *		Preliminary		Bronze	
Basic 5 *		Beginner *					
Basic 6 *				<b>WELL - BALANCED Free Skate</b>		<b>Adult Solo Dance Preliminary</b>	
Basic 7 *				Pre-Preliminary		Dutch Waltz	
Basic 8 *		<b>WELL - BALANCED Free Skate</b>		Preliminary		Canasta Tango	
<b>Basic Program w/ Music</b>		No Test *				Rhythm Blues	
Snowplow Sam*				<b>Special Olympics</b>		<b>Pre Bronze</b>	
Basic 1 *		<b>Tests Passed:</b>		Badge 1	Badge 7	Swing Dance	
Basic 2 *		Freestyle:		Badge 2	Badge 8	Cha Cha	
Basic 3 *				Badge 3	Badge 9	Fiesta Tango	
Basic 4 *				Badge 4	Badge 10		
Basic 5 *		<b>Dance</b>		Badge 5	Badge 11	<b>Spin Events</b>	
Basic 6 *				Badge 6	Badge 12	Pre Preliminary	
Basic 7 *						Preliminary	
Basic 8 *							

*Events listed above with an \* after them will be eligible for Michigan Basic Skills Series Points*

*Entry Fees are not refundable after the entry deadline unless an event is cancelled.*

*If you are not a USFSA member add \$15 to fee / enter through our Basic Skills Program*

First Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Join USFSA \$ \_\_\_\_\_  
**TOTAL:** \$ \_\_\_\_\_

**ENTRIES MUST BE POST MARKED  
BY February 14<sup>th</sup>, 2009**

Mail form and fees to:  
 Gina DeWitt  
 6533 Aurelius Rd.  
 Lansing, MI 48911

Make check or money order payable to:  
 Lansing Skating Club



## Certification of Competitor

The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Lansing Skating Club and Suburban Ice East Lansing harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Club Officer/Program Director \_\_\_\_\_ Date \_\_\_\_\_

COMPETITOR SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_  
Please print clearly

Are you registered on USFS Coaches Registry for 2008-2009? Yes  USFS # \_\_\_\_\_  
If you are not registered, go to [www.usfigureskating.org](http://www.usfigureskating.org), click on the Coaches Registration button and follow the instruction for registration.

**COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT**

Phone \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Please print clearly

### CHECKLIST [please be sure the following is included]:

- \_\_\_\_ Entry form with USFSA Number      \_\_\_\_ Club Officer/Program Director Signature  
\_\_\_\_ Check payable to Lansing Skating Club      \_\_\_\_ Events to be entered checked properly